

Storage Tips

Blueberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Oranges: Store unwashed in the crisper drawer of your refrigerator.

Red Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

Peppers - Store in plastic bag in the crisper drawer of refrigerator. To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.

Broccoli - To **store**, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

Celery: Wrap the celery up tightly in aluminum foil, and place in the refrigerator crisper drawer.

Braised Celery

*8 stalks of celery, scrubbed & ends trimmed (chop & reserve the leaves) *1 Tbsp. butter *pinch of salt & pepper *1/2 cup vegetable stock
Cut celery into 1-inch slices on the diagonal. Heat butter in a large skillet over medium heat. Add celery, along with salt & pepper & cook until it starts to become tender. Add broth, reduce heat to low, cover & simmer for 5 minutes. Uncover & cook for 5 minutes longer, allowing the broth to reduce & caramelize a bit. Taste for seasoning & serve immediately, garnished with reserved chopped leaves.

Italian Broccoli with Peppers

*4 cups broccoli florets *2 medium peppers, julienned *1 Tbsp. olive oil *1 clove garlic, minced *1 tsp. dried oregano *1/2 tsp. salt *1/4 tsp. pepper *1 Tbsp. grated Parmesan cheese
In a large saucepan, bring 6 cups water to a boil. Add broccoli; cook, uncovered, 3 minutes. Drain & immediately place broccoli in ice water. Drain & pat dry. In a large nonstick skillet, sauté peppers in oil for 3 minutes or until crisp-tender. Add the broccoli, garlic, oregano, salt & pepper; cook 2 minutes longer. Sprinkle with cheese.

Sweet Potato Fries

*2 medium sweet potatoes, scrubbed *1 1/2 Tbsp. olive oil *1 tsp. chipotle powder (if you like it spicy) *1/4 tsp. garlic powder *1/4 tsp. salt
Preheat oven to 450 degrees. Cut the sweet potatoes in half lengthwise. With the cut sides down, slice the sweet into 1/2 inch wide chunks. Flip pieces on their side & cut in half lengthwise. (Make sure pieces are all same 1/2 inch matchstick size. Place on baking sheet lined with parchment paper. Do not crowd them so they stay crispy (you may need 2 baking sheets). Drizzle with olive oil & sprinkle with chipotle powder (optional) & garlic powder. Toss with your hands to make sure each piece is thoroughly coated. Sprinkle with salt & bake for 25 minutes, flipping halfway through. When done, the fries will be slightly crispy on the outside & side inside. Serve as is or with your favorite ketchup or sauce.



Celery fun facts:

*Celery is a marshland plant that has been cultivated as a vegetable since antiquity.
*To lose weight, you have to eat fewer calories than your body uses in a day. Celery is very low in calories & is full of water & fiber to leave your stomach feeling full. It makes a great snack by itself, with peanut butter or a crunchy topping for a salad.
*Anti-aging: Celery is a good source of Vitamins A and C, which act as anti-oxidants & protect your skin from the signs of ageing caused by free radicals. It also contains Vitamin E, which nourishes & moisturizes your skin.



Cozy up to watch March Madness with some healthy snacks!

Try these sweet potato fries.

Black Bean & Sweet Potato Chili

*1 Tbsp. plus 2 tsp. olive oil *1 medium-large sweet potato, peeled & diced *1 large onion, diced *4 cloves garlic, minced *2 Tbsp. chili powder *4 tsp. ground cumin *1/2 tsp. ground chipotle *1/4 tsp. salt *2 1/2 cups water *2 15 oz. cans black beans, rinsed *1 14 oz. can diced tomatoes *4 tsp. lime juice *1 Tbsp. dried cilantro (or 1/2 cup chopped fresh)
Heat oil in a Dutch oven over medium-high heat. Add sweet potato & onion & cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle & salt & cook, stirring constantly, for 30 seconds. Add water & bring to a simmer. Cover, reduce heat to maintain a gentle simmer & cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes & lime juice; increase heat to high & return to a simmer, stirring often. Reduce heat & simmer until slightly reduced, about 5 minutes. Remove from heat & stir in cilantro.

Tuscan Celery & Bean Soup

*cannellini beans (15 oz.), cooked *2 stalks celery, trimmed & sliced *1 onion, chopped *cooking spray *3 1/2 cups vegetable stock *1 tsp. dried parsley *1 bay leaf *pepper *2 cloves garlic, minced *2 Tbsp. olive oil
Heat the low fat cooking spray in a large saucepan & gently fry the celery & onion for 10 minutes. Add half the beans & the Veg stock, parsley & bay leaf. Season with black pepper & stir well.
Bring to the boil & cover and simmer for 15 minutes. Allow to cool slightly, remove the bay leaf & blend the soup until smooth. Return to the rinsed pan & add the remaining beans. Reheat whilst stirring over a low heat. Fry the garlic in the olive oil & stir into soup just before serving.